



Volume 2 Issue 8

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U S A R M Y

USAG Schinnen Tri-border News Notes



GK Orcas swim to success



Photo by Sgt. 1st Class Warren

The 85 team member strong Geilenkirchen Orca's are composed of children ranging in ages six to 19 years -old from 11 different nations. The kids compete in swim meets all over Europe in hopes of qualifying for the final competition.

By LaDonna Davis

Children from the Geilenkirchen Orca swim team participated in a regional meet with more than 200 participants from all over Europe Jan. 21 at the JFC Brunssum swimming pool.

The Orcas, composed of boys and girls ranging in ages six to 19 and from 11 different nations, participate in swim meets all around Europe as part of the European Forces Swim League (EFSL).

"The EFSL was created so that most of the children stationed here in Europe with their families will have some type of swimming competition going on so that they can continue with their training," said EFSL Vice President, Yves Aubuchon. "It was also created to promote swimming with the younger children so that later on they can pursue a career in the states or wherever they're going to be stationed at."

But to the children on the team, being an Orca means more than just swimming, it means socializing, traveling and having a good time.

"It's fun, because we get to travel to a lot of different places, and I get to see all of my friends from school and I get to make more

friends," says seven year-old Rachel Morello.

In Europe there are 19 teams total that come from Germany, Italy, Spain, Belgium, England, and The Netherlands that compose the EFSL. During meet season, the teams travel to various pools in Europe and compete in individual and team competitions.

In order to become an

Orca team captain, Marie-Pier Aubuchon, 16, agrees with her father, "It feels so awesome when you see the kids achieve their goals. They're so happy and it just makes my heart glow from that."

The 85 strong Orcas all dawn their black and white logo laden swim caps at the meets cheering one another on. But, the biggest cheerleaders of all are the parents.

Parents play a huge role in keeping the Orcas afloat. From holding bake sales, to keeping times, to chauffeuring and to just plain being supportive, the parents of the Orcas have proven to be the heart of the team.

"That's what you do (volunteer), otherwise the team can't run," says Martina Augsburg, a parent volunteer for the Orcas. "If you don't have the parents helping out, there's no way. There's such a huge organization, so much to set up a swim meet. There's a lot that needs to be done and that's just what the parents do."

Orca, Aubuchon says, basically the only skill the children need is to be able to swim.

"The emphasis that we place on the children isn't to beat your component," says Aubuchon. "But to beat your previous time because eventually if they keep on beating their own time, they'll beat the person swimming in the opposite lane."



On your mark, get set...Orca team members stand in position before the GO bell sounds during a free-style race. The team emphasis self-improvement when it comes to racing instead of competing to win.

Carnaval: A celebration, a Dutch tradition

By Rita Hoefnagels

One of the most important local events in the Dutch Provinces of Limburg and Noord-Brabant is without any doubt Carnaval. For three days people will disguise themselves, go out, drink and be very merry. Carnaval is actually an intense celebration which ends on Ash Wednesday when Lent starts and everything is back to "normal" again for another year.

Although it is thought that Carnaval was originally a religious festival, this is not totally true. Before Christ was born, people would celebrate the start of a new year at the beginning of spring. For the longest time February was considered the last month of the year and the New Year in March would start with celebrating the fact that the sun had cast away the dark winter.

The chronicles of Babylon, in 2600 B.C., tell us about the sacrificial death of the king every year during the New Year's celebrations. The king would die for his people's sins in order for them to start the New Year with a clean slate. To prevent kingship from becoming a one-year affair, it was decided to have a temporary king during these days. This would be either a terminally ill person or a criminal condemned to death. During the festivities these men would live the life of a king and rule the country for a short time. This all reminds us a little bit of the now-a-days Prince Carnaval, who will have the keys (symbol for authority) of the town in his possession for the duration of Carnaval (three days).

The Christian church at first

opposed the heathen rituals, but they learned that the integration of these rituals into the Christian church would be a better way of dealing with heathen beliefs. And therefore, in the year 1091, Ash Wednesday became the official beginning of the forty-day long Lenten season. This could also be an explanation for the name Carnaval, due to the fact that during Lent, people do penance for their sins by fasting and the Latin "Carne Vale" means goodbye to meat/flesh.

At the end of the 17th century, the Reformation started to preach, among other things, sobriety and were therefore totally against these excessive celebrations. Therefore, the Catholic Church had to change their opinion and by the beginning of the 18th century, Carnaval had ceased to exist.

Carnaval, as it is celebrated today, originates from the German Rhineland, with its cradle in Cologne. This city, occupied by Napoleon's Army from 1794–1815 and annexed in 1815 by Prussia, had many inhabitants who could not forget Cologne's glorious past when the emperor had visited them more than once. He was always welcomed with great pomp and circumstance and entered the city in a parade while the citizens would shower him with flowers. The emperor would throw money to the citizens. With this in mind, the very first Carnaval (or Fashing as it is named in Germany) parade was organized in 1823. The parade had to be equal to the wealthy and glorious entries of the Habsburg emperors in the old days.

Today, many things remain the same. Prince Carnaval, for instance,

still wears a Renaissance costume, referring to the emperors, and is accompanied by soldiers in 17th century uniforms (although, at the time of the first parade, these uniforms were really meant as a spoof on the Prussians). Characters from the Venetian Comedia dell'arte such as the jester, domino and clown were also an inspiration for costumes.

Little by little all kinds of elements were added. Carnaval associations were established and medals were presented to special citizens and Carnaval participants. It also didn't take long before "Tanzmariechen" (majorettes) were added as a spoof on the camp followers.

From Cologne, Carnaval spread all over the Rhineland and the Dutch provinces of Noord-Brabant and Limburg. Carnaval associations were established, but the reason why they were established differs widely.

Nowadays, almost every village has its own Carnaval association while the majority of cities have even more than one. The Carnaval association organizes the festivities for the city, village or district. It consists of a "Raad van Elf" (Council of Eleven) presided by the president or lord, and they are responsible for the activities during the Carnaval season. They choose a new prince every year, publish the Carnaval newspaper and organize and escort the parade. The Council of Eleven also visits Senior Homes, schools and other associations and they give out medals to persons who have made themselves useful during Carnaval.

Many clubs, associations and schools have their own prince and Carnaval fest and USAG Schinnen is no exception. The fest will be held Friday, Feb. 24, in the Dutch Kantine/Pin Point Café and Bowling Center at USAG Schinnen and will start at 2 p.m. with the proclamation of the prince and princess Carnaval for 2006. If this is your first year in the Netherlands, don't miss this opportunity to experience Carnaval.

On Tuesday at midnight, Carnaval is over. Every city has a different tradition of ending the festivities. Sittard, for instance, will bury a mask and Maastricht will throw a paper dummy, called "Mooswief" (vegetable woman), in the river. These are just two of the many different traditional Carnaval endings.

For everybody who celebrates Carnaval it has a different meaning. For the participants in the parades it means a lot of work; for others it means three days of celebrating without the stress of work. Many act in a way they "normally" wouldn't dare and there are also those who have to clean away the mess. So many people, so many minds! However, it's Carnaval (Fashing) again, so put on your mask and start celebrating. Carnaval is only once a year!!! ALAAAF!!!

See **Leisure Activities** page 5

Resources: "Carnaval Ontmaskerd?" By Drs. Theo Fransen and "Alle Gekheid op een Stokje" by Limburgs Volkskundig Centrum.

AAFES Commissary Forum gives community a voice

By LaDonna Davis

Customers of the Schinnen AAFES facilities were given a chance to voice their concerns, give feedback, and hear about some of the upcoming AAFES projects during the monthly AAFES commissary forum held in the Schinnen ACS conference room Feb. 1.

The commissary forum is open to all U.S. and NATO I.D. cardholders that use any of the AAFES facilities on base. Those include the PX/BX, the Shoppette, the food court and the PXtra.

"We want customers to participate because we want to hear their feedback," said Paul Olney, Schinnen's

AAFES manager.

Some of the updates discussed during this month's commissary meeting were the completion of the Schinnen Bookmark, scheduled for a Feb. 25 opening, the renovation to the car care center, scheduled for completion summer of 2006, a makeover to the food court, which will include a new paint job and new service counters, and a proposed idea to renovate the PX in the future.

In addition to getting issues of concern addressed, and hearing about upcoming AAFES projects, the meetings also offer one other incentive to those who attend. Free goodies!

Those in attendance to this month's commissary meeting were greeted with free candy bars and AAFES gift cards.

But the true value of the meetings comes from the on-the-spot feedback customers can receive from AAFES and DECA management.

"We don't want people to wait until (their problems) becomes a big issue," said Olney. We want to address them now while it can still be worked on."

See **AAFES/Commissary schedule**, Page 3



A Financial Readiness and Consumer Affairs Program

AAFES and Commissary Community Forum

**Where: USAG Schinnen
Army Community Service (ACS)
Building 39, Conference Room**

2006 Schedule

4 Jan/1300	Forum
1 Feb/1300	Forum
1 Mar/1900	Town Hall
5 Apr/1300	Forum
3 May/1300	Forum
7 Jun/1900	Town Hall
5 Jul/1300	Forum
2 Aug/1300	Forum
6 Sept/1900	Town Hall
4 Oct/1300	Forum
1 Nov/1300	Forum
6 Dec/1900	Town Hall

We want you and your ideas at the Community Forum on the first Wednesday of the month (ACS)!



The Town Hall Meeting will be combined with the Community Forum each quarter. The Town Hall meeting will be held at the Schinnen Sports Center at 1900.

Submit your idea, suggestion, like, or dislike and we will discuss it at the Community Forum. Deadline to submit via email is one day prior/1600 to forum. RSVP by one day prior/1600.

POC: Ed Carter at ACS, 046-443-7450 or DSN 360-7450

E-mail: Edward.e.carter@us.army.mil

Morale Support Upgraded for Deployed Army in Europe Personnel

By: USAEUR Public Affairs

In continuing efforts to provide health, morale, and welfare support to deployed European theater personnel, U.S. Army, Europe and 5th Signal Command are upgrading the way deployed personnel make morale telephone calls to family members in Germany, Italy and Benelux (Belgium, the Netherlands and Luxembourg.)

The new system will allow deployed personnel from USAEUR units (Soldiers, Department of the Army civilians and U.S. government contractors) to make two 15-minute calls per week to family members without operator intervention. Previously, personnel were authorized only one 15-minute call per week.

Beginning Feb. 15, USAEUR will turn on the new Unit Morale-Call PIN Issuing Resource-Europe, or UMPIRE, at <https://umpire.hqusaeur.army.mil>. This Web-based system will be accessible by deployed and rear

detachment unit Telephone Control Officers to request unique individual PIN numbers for deployed personnel. TCOs must have TCO appointment orders on file with the USAEUR TCO. TCOs will be able to request PINs for each deploying person in their organization for a period beginning one month before a deployment to three months after the planned end of the deployment. The system will enable TCOs to save PIN lists as Excel files, and print out cards for each

deployed person, listing his or her unique PIN and the telephone number to call to process the call.

Deployed personnel will use their PIN to access the Army in Europe Automated Attendants, the system available for morale calls 24 hours a day, every day. This automated attendant capability will allow PIN-equipped callers to connect to DSN and private telephones in the Army in Europe region.

USAREUR policy does not allow the use of government cell phones to place or receive morale calls.

USAREUR information (G6) officials said the primary reason for the new system is to ensure all authorized USAEUR deployed personnel have full, fair and equal access to morale telephone calls. At the same time, officials say, the system will save money by reducing abuse of the system, and will ensure USAEUR compliance with Department of Defense policy.

The system will phase in over a 60-day period, from Feb. 15 to April 17, to give all unit TCOs time to request, receive and distribute PINs and instruct personnel in their use. April 17, all deployed USAEUR personnel must have a PIN in order to make a morale call.

All USAEUR personnel should contact their unit TCO for further information.



Black History Month Celebration

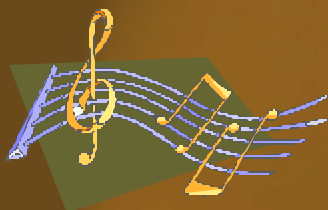
Presented by USAG SCHINNEN

Observance/ food tasting event

Date: Wednesday, 22 February 2006
Place: AFNORTH Chapel
Time: 11:30 am-1300 pm

Food
Tasting

Gospel Music



For information call:

- ★Schinnen: SFC David Williams -- 046-443-7534
- ★Schinnen: Mr Ken Gipson - 046-443-7494
- ★Schinnen: Mr. Jerry Francis - 046-443-7445

Leisure Activities ~ by Rita Hoefnagels

For three days the streets will be crowded with Carnival revelers and parades. If held up by a parade, please don't cut through with your car. This could cause serious accidents and also shows disrespect for the host nation's cultural events. If en route to USAG Schinnen and are caught up in one of the parades, park the car and enjoy the festivities. The parades in Schinnen are on Feb. 27 and 28, between 1 and 5 p.m. and these could hold you up when trying to get to the base.

Following is the parade schedule for most of the towns in the south of Limburg and unless otherwise specified, all parades start at 2:11 p.m.

Amstenrade – children's parade Friday, Feb. 24 at 12:45 p.m., main parade Monday, Feb. 27.

Beek – children's parade Sunday, Feb. 26; Light parade (illuminated) at 7 p.m. on Sunday, Feb. 26; main parade Monday, Feb. 27.

Brunssum – children's on Saturday, Feb. 25 at 3:11 p.m., main on Monday, Feb. 27.

Geleen – main parade on Sunday, Feb. 26, children's on Monday, Feb. 27.

Heerlen – main parade Sunday, Feb. 26, children's on Monday, Feb. 27, both start at 1 p.m.

Hoensbroek – children's on Saturday, Feb. 25, main on Sunday, Feb. 26.

Kerkrade – children's on Saturday, Feb. 25, main on Monday, Feb. 27 at 1:11 p.m.

Maastricht – students' parade on Saturday, Feb. 25, main on Sunday, Feb. 26 starts at 1:44 p.m., children's on Monday, Feb. 27 starts at 2:33 p.m.

Margraten – Sunday, Feb. 26 starts at 2:11 p.m.

Nieuwenhagen – Tuesday, Feb. 28.

Nieuwstadt – Monday, Feb. 27, children's on Tuesday, Feb. 28.

Noorbeek – main on Sunday, Feb. 26, children's on Tuesday, Feb. 28.

Nuth – Sunday, Feb. 26.

Schaesberg – Tuesday, Feb. 28.

Schinnen – main on Monday, Feb. 27, children's on Tuesday, Feb. 28.

Schinveld – children's on Sunday, Feb. 26, main on Monday, Feb. 27.

Simpelveld – Sunday, Feb. 26 starts at 1:33 p.m.

Sittard – children's on Sunday, Feb. 19 starts at 1:33 p.m., main on Sunday, Feb. 26 starts at 12:55 p.m.

Spaubeek – Sunday, Feb. 26.

Stein – Children's on Sunday Feb. 19, main on Sunday, Feb. 26.

Valkenburg – children's on Sunday, Feb. 26 starts at 3:11 p.m., main on Monday, Feb. 27.

Some local Carnival activities:

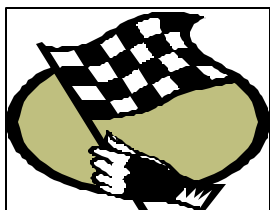
Geleen: A Carnival Brass Band Contest will be held at the market in the center Tuesday, Feb. 24, 2:11 p.m.

Maastricht: The Maastricht Prince Carnival and his retinue will hold a reception at the city's train station Saturday, Feb. 21 at 1:11 p.m. At 1:55 p.m. they will march to the Market Square where the Prince will lay a wreath at the statue of "t Mooswief" (cabbage woman). A Carnival Brass Band Contest will take place on the Vrijthof on Tuesday, Feb. 24. This starts at 2:11 p.m.

Sittard: Carnival Brass Band Contest Monday, Feb. 23, 3 p.m. at the Market Square in the center. Tuesday, Feb. 24, 2:11 p.m., traditional groups of costumed people give oranges to kids and adults who yell: "APPELSIENE, APPELSIENE" (oranges, oranges).

Aachen, Cologne, Duesseldorf and other large cities in Germany stage parades, called "Rosenmontag Zug", Monday, Feb. 23. They all start around noon. **Aachen** also has a children's parade Sunday, Feb. 22.

Maaseik in Belgium: a Clowns' parade will move through the center Tuesday, Feb. 24, 7 p.m.



RUN, don't walk to the USAG Schinnen Community Run Feb. 24.

The run is open to all U.S and NATO I.D. cardholders
Participants all need to meet in front of the Andre' Bruls Fitness Center at 7:45 a.m. for opening remarks.

The 3.2 mile run is scheduled to begin at 8:00 a.m. with an Award Ceremony to follow lead by the USAG Benelux Commander.

A hot and filling pancake breakfast will be served in the Bowling Center after the run for all participants in the run and non-participants for only \$5.00 or €5.00 .

DoD encourages overseas citizens, military personnel to vote

Federal Voting Assistance Program aids 2006 election process

Department of Defense release

In 2006, U.S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors, and hundreds of state and local officials.

Overseas voters and military personnel have a variety of means that will enable them to participate in the 2006 elections starting with the primaries beginning in March and through the general election on Nov. 7, 2006.

U.S. citizens can register to vote and request an absentee ballot using the Federal Post Card Application, which has been redesigned for 2006, allowing them to provide more information to their local election official as well as providing greater security

for their personal information.

The form is available from their unit or installation voting assistance officer, U.S. embassies and consular offices, as well as from many local civic and overseas groups. It also is available electronically on the Federal Voting Assistance Program Web site at <http://www.fvap.gov>.

Once completed, U.S. citizens can send the FPCA to their local election official in the jurisdiction of their legal voting residence. The local election official will then be responsible for sending an absentee ballot to the requestor. All U.S. citizens are encouraged to register to vote as soon as possible to ensure compliance with varying state registration deadlines.

The FVAP Web site contains a great deal of useful information, including an updated, electronic copy of the 2006-07 Voting Assistance Guide.

If voters need additional assistance, they should visit their unit or installation voting assistance officer or the nearest U.S. embassy or consular office. Voters may also contact FVAP staff directly by e-mail at vote@fvap.ncr.gov or by telephone on one of the many toll-free international phone numbers, available on the Web site. FVAP office hours are 8:30 a.m. to 5 p.m. EST, Monday through Friday

USAG – BENELUX SNAP CHILD IDs



- ❖ Take the extra step in keeping your children safe by getting a SNAP Child ID made.
- ❖ The whole process takes about 15 minutes.
- ❖ Call the SNAP office 068-27-6143 to make an appointment.
- ❖ You can also send an email to SNAP@benelux.army.mil to make an appointment.





S a f e t y t i p



Just A Reminder

FIRE PREVENTION:

Within the US Army in Europe unattended cooking is one of the major causes of fires in housing. These kinds of fires usually start because people leave the kitchen, frequently due to a distraction, while something is cooking on the stove. If you are cooking **DO NOT LEAVE THE KITCHEN** without taking precautions. If you have to leave the kitchen for some reason turn down the heat on the stove at least, even better is to turn off the heat. There is no excuse for an unattended cooking fire!

Should you be confronted with a cooking fire **DO NOT** attempt to extinguish the fire with water. If you are confronted with a cooking fire:

- ◆ Turn off the heat.
- ◆ If possible: turn off the oven hood.
- ◆ Cover the pan with a lid or a damp towel.
- ◆ Do not move the pan.
- ◆ Leave to cool off for at least 15 minutes.

NEVER LEAVE COOKING UNATTENDED!

The Lindetours of Voerendaal is responsible for airport shuttle service to or from Maastricht, Brussels or Amsterdam airports for U.S. Service Members and DOD employees who travel under PCS, TDY, RAT, IPCOT and COT orders.

If your travel is delayed due to inclement weather or other circumstances you are asked to contact the Schinnen MP desk immediately, 0031-(0)46-443-7555, DSN 314-360-7555. The MPs will contact the Contracting Officer's Representative or Ordering Officer to reschedule the shuttle.

Contacting the MPs will reduce waiting charges and allow for a smoother transition. We appreciate your assistance.

Don't Become a Victim of Car Jacking:



- * Always be aware of your surroundings.
- * Leave several car lengths between your car and the car in front of you.
- * Drive in the center lane when possible, not at the curb.
- * When shopping, park as close as possible to the entrance in a well-lighted area.
- * When approaching your parked car, check the area; if you see something suspicious, don't go near it.
- * Act with certainty; know what you are doing. Most thieves select a victim who acts timid, frightened or unsure.
- * Keep your car keys separate from your other keys and have them ready for a quick entry.
- * Keep your car doors locked at all times. Keep the windows up.
- * If you are approached while you are in your car, lean on the horn to create a commotion until the danger passes.
- * If you get bumped from behind do not get out of your car. Signal the other driver to follow you. Go to the nearest police or fire station or some other area of safety where there are other people.
- * When riding in your car do not keep purses, cell phones or other valuables on the seat and visible through the window.
- * If you are pushed into your car try to escape out the other side and then move away from the car.
- * Avoid areas you know or feel are unsafe and when possible travel with a friend.
- * Don't be a hero. No property is worth your life.

New all-electronic forms start Feb. 1, save tax dollars

By USAEUR Public Affairs

Beginning Feb. 1, once-optional electronic versions of wage and tax statements (Forms W-2) and leave and earnings statements will become standard for myPay users in U.S. Army, Europe.

These electronic versions, available for military and civilian personnel at <https://mypay.dfas.mil/mypay.asp>, are valid for all federal and state income tax purposes.

USAREUR officials are working to verify that all deploying Soldiers have myPay access. Soldiers

can establish a separate PIN to allow their spouses access to LES and W-2 information.

USAREUR is making the changes ahead of a Department of Defense initiative, scheduled to be complete by November. The DoD comptroller estimates the changes will save several million dollars and reduce the threat of identity theft for Soldiers and civilians who currently receive paper copies.

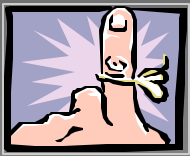
In March 2000, the Defense Finance and Accounting Service launched myPay. The site allows service members and civilian employees to manage their pay ac-

counts, process certain pay-related transactions, and view LESs online 24 hours a day.

The myPay site employs the highest industry standards for encryption and security.

The electronic LES improves security and reduces the risk of identity theft because the Soldier controls when and where the LES is viewed, saved or printed. As a result, users' names, addresses, bank account information, and social security numbers are better protected, while providing them quicker access to pay and tax information.

Be a Part of The AFAP Conference



Don't forget to submit your issues and consider being a delegate for the Army Family Action Plan conference being held at USAG Schinnen Feb. 16th and 17th from 8-4:30.

The AFAP conference gives you an opportunity to express your issues and concerns for resolve at a local level so that they can be forwarded to higher levels for resolution.

The conference is open to all active duty military, family members, retirees and DA civilians.

For more information call ACS at 443-7500

USAREUR, Army Small Computer Program to host Europe-wide IT conference

U.S. Army, Europe G6 and the Army Small Computer Program will host a Europe-wide Information Technology conference March 21 and 22 at the Village Pavilion, Patrick Henry Village, Heidelberg.

The conference will cover subjects such as Army IT/Architecture trends, European contracting process and procedures, Army IT e-Commerce site enhancements and the Army strategy for consolidated buys of personal computers and laptops.

A vendor panel will address European IT support, and attendees can also learn how to save resources on IT products and services.

For additional information contact Elisa Pallitto at DSN 321-987-6787 or elisa.pallitto@us.army.mil.

Schinnen youth compete in international basketball tournament

By Hanks Luijpen

Twelve Teams from SHAPE, Brussels, USAG Schinnen, ARRC Rheindahlen and host nation communities participated and competed for the Tri-Border Basketball Championship held at the AFNORTH School, Jan. 28.

The international basketball tournament, which was hosted by USAG Schinnen's Youth, Sports, and Fitness program, consisted of Junior Boys ages 13-15 years old and Junior Girls ages 12-15 years old.

The final for the Junior Boys was played between the two teams, SHAPE Red and SHAPE Blue, who were the pool winners. The winner of the tournament was SHAPE Warriors, who defeated SHAPE Red in an exiting game with the score: 30-17

The Round Robin tournament for Junior Girls was won by the USAG Schinnen LIONS, who won all three



Winners from the Tri-Border Basketball tournament proudly hold their trophy's after the game. (from Left to Right) Jr. boys MVP, Antoine Parris, Jr. boys Best Guard, Sean Lyte, Jr. girls Best Guard, Jessica Wright, Jr. Girls MVP, Rachel Nicholson.

games. Close second was ARRC Rheindahlen who also won three games but came in second due to the score differ-

ence being better for the USAG Schinnen LIONS.

Sean Lyte was named The Best Guard in the Junior Boys tournament and Antoine Parris was named the MVP, both boys were from SHAPE.

The Best Guard in the Junior Girls tournament was Jessica Wright and MVP was Rachel Nicholson both from the LIONS.

"We have seen a lot of basketball talent today and every game was exiting to watch, said Hans Luijpen, Schinnen's youth, sports and fitness director. "The spectators (250) have enjoyed the tournament, most stayed till the final games were played."

Dutch Compulsory Identification Law

By Netherlands Law Center

You should never leave the house without proper identification. Aside from the fact that accidents do occur and that your identity and nationality become critically important in those rare instances, carrying a proper form of identification is prudent and smart.

But, did you know that as of January 1, 2005, every person 14 years or older in The Netherlands is required to prove their personal identity when requested to do so by local police authorities? Other Dutch authorities have the ability to request your identification as well. These officials include Dutch military police and supervising authorities; tax inspectors and forest officials

for example. Failure to produce personal identification may result in your temporary detention at a local police station while the Dutch official establishes who you are. Also, depending on how you conduct yourself, your overall behavior and the number of past offenses, you may be subject to a fine that can go as high as €2250.

For a Dutch citizen, a passport or Dutch drivers license are two accepted forms of identification. By Dutch Ministerial Decree, dated February 15, 2005, the US Identification Card is recognized as a valid ID-document within the parameters of the 2005 Dutch ID law. Validity is not limited to U.S. military personnel stationed in The Netherlands. A U.S. Government ID card is an

accepted form of identification for all U.S. military forces personnel, to include those stationed in Germany or Belgium who either live in the Netherlands or visit the Netherlands on a regular basis. Note that U.S. civilian personnel and all dependents are required to carry their resident permit at all times.

Nonetheless, individuals assigned to our community have notified NeLC personnel that merchants, banks and other commercial businesses seem unaware of the U.S. Government ID Card exception established by Dutch Ministerial Decree. Do not stress if you encounter such an issue. Simply contact the NeLC for assistance at DSN 364-6204 or Commercial (+31)(0)45-563-6204).

UPDATE

The Netherlands Tax Center Thursday hours have changed.

The hours are as follows:

Monday, Tuesday, Wednesday and Friday: 0830-1630

Thursday (walk-ins): 0900-1430

*For special arrangements, please call the Netherlands Tax Center at 364-6031 or 045-563-6031

SNACK AND SIP ALL DAY LEADS TO TOOTH DECAY

By Matthew Larsen

Everyone seems to be in a hurry to get somewhere these days. Who has the time to actually sit down three times a day to eat a nice healthy meal? This leads many people feed their hunger by snacking throughout the day. Some actually prefer to eat little amounts throughout the day in order to maintain their diet. Whatever the reason, many have chosen "grazing" as the answer. Instead of eating the traditional three squares, it can seem satisfying to take a bite here and there, and then finish the rest later. Believe it or not, this type of diet can wreak havoc on your teeth! But it isn't limited to snacking. Sipping on drinks all day can be detrimental as well! For example, soda, coffee, juices, and pretty much anything except for the good old H₂O will provide the fuel for the fire that causes tooth decay.

When sugar is consumed over and over, often from hidden sources, the harmful effect on teeth can be dramatic. And it isn't limited to the traditional sugar sources, starches can do the same thing. Starches are pretzels, bread, cookies, etc... So maybe you are asking yourself, how exactly does this happen? Let's break it down a bit. You have your bacteria, which are always present in your mouth. Then

the food supply, or the sugars and starches. And then there's the teeth themselves. It takes the presence of all three of these to make a perfect party for decay! The bacteria use the sugars and starches for food, which they process to produce acid. In the oral environment there are millions of these bacteria producing tooth-destroying acid every time they come in contact with a food source! Each acid attack can cause up to 20 minutes of tooth-rotting trauma after the snack! So you can see, sipping on a sodas or juice of a long period of time can cause a massive acid attack! Remember, it's not the quantity of sugar, it's the duration of time it is present in the mouth.

Here are some tips on reducing your risk of tooth decay throughout the day:

- ◆ Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and acts a natural cleaning agent.
- ◆ Limit between-meal snacks. If you have children that crave snacks, offer up some nutritious foods such as carrot sticks or apple slices.
- ◆ Monitor your beverage consumption. Instead of soft drinks all day, choose wa-

ter. If you can't give up the sodas, drink them with meals or all at once.

- ◆ Develop good brushing and flossing techniques and make sure your children see you practicing good habits so that you can be a good role model.
- ◆ Chew sugar free gum after meals/snacks. Chewing increases salivary flow to naturally cleanse your teeth. Xylitol is an ingredient in some particular gum that has actually been proven to lower your risk of decay. This ingredient not yet in all sugar-free gums, so make sure to check the ingredients
- ◆ Schedule regular dental visits. Professionals are here to help you perfect your decay fighting habits
- ◆ If you have small children... NEVER send the kids to bed with milk or formula, instead use water.
- ◆ Brushing is recommended at LEAST twice a day but this is not the limit. Brushing is encouraged after meals or snacks, so having more than one toothbrush around can be one of the most effective means of prevention!!

PWOC FEBRUARY FELLOWSHIP NIGHT

When: Monday, February 13, 2006, 7:00 p.m.

Where: Top Floor-JFC Brunssum Chapel

Guest Speaker: Jodi Burgess

Theme: Workers building on a firm foundation

Join the JFC Brunssum Protestant Women of the Chapel for an evening of Christian fellowship with other ladies in the community. There will be a guest speaker, inspiration music, refreshments and more. For more information or to make a childcare reservation, please contact Cindy at stucindy@aol.com or o45-527-4131.

